



CENTERING PRAYER INTENSIVE RETREATS

Our Lady of Florida Spiritual Center

1300 US Highway #1, North Palm Beach, FL 33408

Phone: 561-626-1300 Website: www.ourladyofflorida.org

June 8 – June 17, 2009

To deepen your understanding of the spiritual and psychological foundations for Centering Prayer, the following two retreats will be offered:

10-Day Intensive Centering Prayer Retreat

Provides an opportunity to immerse participants in the practice of Centering Prayer. The daily schedule includes three hours of Centering Prayer, conferences/viewing Parts I, II, & III of the "Spiritual Journey" Videotape Series by Fr. Thomas Keating and celebration of the Eucharist. Silence is an integral part of this retreat.

Prerequisite: A practice of Centering Prayer for three to six months.

10-Day Post Intensive Centering Prayer Retreat

Provides an opportunity for the participants to totally focus on prayer, silence and solitude. The daily schedule includes additional Centering Prayer sessions (in place of videotape viewing), group and private Lectio Divina, silence and solitude in community and celebration of the Eucharist.

Prerequisite: Previous attendance at an 8-day or 10-day Intensive Retreat.

Staff: Fr. Bill Sheehan, OMI a priest of the Oblates of Mary Immaculate is an experienced retreat master and a much-loved presenter for Contemplative Outreach programs. He participated in the original Lama Retreat from which the Centering Prayer movement arose and is claimed by South Florida as being the father of our local Centering Prayer movement.

Basha Perez is the Coordinator for Contemplative Outreach Central Florida since 1994. She is a Certified Presenter of the Centering Prayer and Lectio Divina Introductory Workshops, has served on the 9-Month Contemplative Living Course Team and numerous Intensive Retreat Teams.

Ellen K. McCormack, Ph.D. is a co-coordinator for Contemplative Outreach of the Palm Beaches (COPB). Ellen is a commissioned presenter for the Centering Prayer Introductory Workshop and offers facilitator training for those in her region. She received her Ph.D. in Christian spiritual formation in 1997 from Duquesne University (Pittsburgh, PA). She serves as a facilitator for Loyola University's (New Orleans) distance learning LIMEX program. Ellen has been teaching students in elementary schools, high schools, graduate schools and seminary during the past thirty years and is the Associate Director of Our Lady of Florida's retreat team.

Details: Registration is 4-6 pm on Monday, **June 8th**. Self-serve cold food buffet *dinner is served at 6 pm* and the *first conference is at 8 pm*. The retreat concludes after breakfast on Wednesday, **June 17th**. Rooms are single-private with a shared bathroom between two; individual climate controls, a sink, a desk, and a view of the lush grounds overlooking Lake Worth.

Location: Our Lady of Florida Spiritual Center is 20 minutes by car from the Palm Beach International Airport (north) in the Village of North Palm Beach. (Exact directions will be included in your confirmation letter.) The Center is situated on about 26 acres of unusual natural beauty on the northern tip of Lake Worth. The striking, yet simple beauty of the architecture, the many gardens, the various shrines, the landscaped Stations of the Cross, the many green lawns and the quarter-mile waterfront immediately catch the eye and begin to pacify the spirit.

[Please send in the Registration Form below with a **nonrefundable deposit** of \$100 towards a total donation of \$650.

The **next payment** of \$275 is due by **March 1, 2009** and the **remaining balance** of \$275 is due by **May 1, 2009**.]

2009 RETREAT REGISTRATION FORM: (PLEASE PRINT CLEARLY)

Name: _____ Day Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____

I want to register for the following: _____ 10-day Intensive Retreat or _____ 10-day Post Intensive Retreat

[The only way to reserve your room is by mailing in the nonrefundable deposit along with this Registration Form.]

Make check payable to:

Contemplative Outreach Central Florida

134 Wisteria Drive, Longwood, FL 32779-4937

For more information, please call **Basha Perez** at **407-869-0781**.